

ST-09-20

TASC February Last Chance Meet

- Meet Name:** 2009 TASC February Last Chance Meet
- Sanction Number:** ST – 09-20
- Meet Date(s):** Friday, February 6th and Saturday, February 7th, 2009
- Venue:** The James W. Hardin Swim Center is located on North 23rd Street on the Temple High School Campus.
- Facility:** The Swim Center is a 10-lane, 25-yard indoor facility with a separate diving well for continuous warm-up and cool down. Eight lanes will be used for competition with the two outside lanes unoccupied. A fully automatic Colorado Timing System with an eight-lane readout display will be used. Locker rooms are available for athletes. Seating is limited to approximately 400.
- Liability** -In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), TASC, Temple High School, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.
- USA Swimming Registration:**
- All swimmers, coaches, and officials participating in this competition must be currently registered with USA Swimming.
 - Everyone should be prepared to present their USA Swimming ID Card as proof of their Registration to the Meet Director or designee at any time •Swimmers who 1) chose to enter time trials, 2) late enter when possible, or 3) need to be entered because of clerical errors by the entering team or the meet host; will be required to present their USA Swimming ID Card or accomplish a USA Swimming Registration Form and pay the necessary fees prior to being allowed to compete.
 - National and LSC Regulations do not allow for any exceptions to these policies.
- Rules:** -The most current USA Swimming Rules and any relevant sections of the STSI Handbook will apply.
- Meet Format:** All events are timed finals. Seeded only by time and gender.
- Entry Restrictions:** Swimmers may only swim 5 individual events per day.
- Swim Wear Policy:** Swimsuits worn by males in all 14 and under STSI Age Group competition shall not extend above the waist and nor extend further down the legs than to the top of the kneecap (patella). Swimsuits worn by females in all 14 and under STSI Age Group competition shall not extend past the top of the shoulder, cannot cover any part of the arms nor extend further down the torso than the buttocks. Violators will be barred from competition until the swimmer's swimsuit meets the requirements of this paragraph.
- Age up Date:** February 6, 2009
- Qualifying Times:** No qualifying times.
- Entry Deadline:** January 28, 2009
- Late/Deck Entries?** Deck entries will be accepted up till 8:45am. Deck entries will be \$10.00/event. No new heats will be created with deck entries!

- Time Trials:** There will be time trials provided.
- General Entry Procedures**
- Entries must be submitted by Hy-Tek Commlink File or disk
 - Hard copy must accompany
 - Please format disks before utilizing for entries
 - Entries may be submitted **ONLY** via e-mail or hand delivered.
- E-Mail Entries:**
- Entries in Commlink Format only, must be sent to: jcaswell@templeareaswimclub.org
 - The Commlink File must be renamed to clearly identify the entering team, shorter is better.
 - Athletes included in improperly identified Commlink Files (Cfile0X.cl2 or zfile00X.zip) will not be entered into the meet and any entry fees will not be refunded.
 - Athletes **WILL NOT** be entered into Meet Manager if the Meet Entry Report (hard copy) is not received.
 - Athletes **WILL NOT** be permitted to compete in the meet until satisfactory fee payment arrangements have been made with the Meet Director or her / his designee.
- Entry Fees:**
- \$5.00 per individual event (Includes splash fee)
 - Checks payable to: Temple Area Swim Culb
- Heat Sheets:** Will be made available before the start of the meet.
- Administration:**
- | | |
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| -Entries Chair/Meet Director:Jon Caswell | Meet Referee:Susan Nickel |
| -201 Rabern Ct.#924, Belton, TX 76513 | 4904 Ascott |
| -401-559-2021 | 254-774-8643 |
| - jcaswell@templeareaswimclub.org | anickel@hot.rr.com |
- Warm-ups:**
- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures listed on the last page of the meet information.
- Scratch Rules:** Scratches are asked to be emailed by 5:00 pm, Wednesday, Feb 4, 2009.
- Awards:** Ribbons will be awarded to the top 8 finishers in each 12 & under event only.
- Special Needs:**
- Please notify the Meet Director, Jon Caswell (401) 559-2021 in advance of this event with the name and age of any member on your team who needs assistance to enter the building
 - The THS Staff will make reasonable accommodations for swimmers coaches, or spectators who wish to enter and use our facility
 - In any meet sanctioned or approved by South Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i. e., Article 105
 - A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.
 - Coaches and / or athletes must notify the Meet Referee before the event begins if they are to be considered to be judged under Article 105 of the USA Swimming Rules and Regulations.
- Daily Schedule:** Warm-ups 8:30 - 9:30 am, Meet 9:15 am, Warm up lane assignments will be emailed to the Coaches by Wednesday, Jan 21th.

Timers: -TASC will provide all timers

Officials: •All currently certified and in training USA Swimming officials are cordially invited to participate
•Please check-in with the Meet Referee upon arrival to the pool.

2009 TASC February Last Chance Meet

If there are more than 150 swimmers on Saturday, the AM session will be divided into 2 sessions

Girls	Friday, Dec 19 th	Boys
	Warm-up 5:00, Meet 6:00	
1	12 & under 200 IM	2
3	Open 400 IM	4
5	Open 50 Free	6
7	12 & under 500 Free	8
9	Open 1650 Free	10
	Saturday, Dec 20 th	
	Warm-up 8:00, Meet 9:00	
11	12 & under 100 IM	12
13	Open 200 IM	14
15	12 & under 50 Back	16
17	Open 100 Back	18
19	12 & under 50 Breast	20
21	Open 100 Breast	22
23	12 & under 50 Fly	24
25	Open 100 Fly	26
27	12 & under 100 Free	28
29	Open 200 Free	30
	Saturday, Dec 20 th	
	Warm-up begins 1-hour after last AM event	
	No earlier than 12:00pm	
31	Open 100 Free	32
33	Open 200 Back	34
35	Open 200 Breast	36
37	Open 200 Fly	38
39	Open 500 Free	40

SOUTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

I. Assigned warm-up Procedures.

- a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
- b. All warm-up activities will be coordinated by the coach(es) supervising that lane
- c. Dive sprints may be done only under the direct supervision of the coach

II. Open warm-up procedures.

LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
10 Lanes	1 and 10	2 and 9	3 through 8

- a. The first ½ of the assigned warm-up time shall be general warm-up for all lanes.
- b. Push/Pace Lanes will push off one or two lengths from starting end.
- c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times - one way only!
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes - circle swimming only.
- f. No kick boards, pull buoys, or hand paddles may be used.

III. Safety Guidelines

- a. Coaches are responsible for the following:
 1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices
 2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
 3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.
- b. The host team will be responsible for the following.
 1. A minimum of four (4) marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
 2. Marshals must be members of United States Swimming.
 3. Marshals will have authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these Procedures.
 4. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 5. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and the following statement will appear in the meet information: "South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
 6. An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
 7. Hazards in locker rooms, on deck, or areas used by coaches, swimmers, or officials will be either removed or clearly marked.

B. MISCELLANEOUS NOTES

- I. Backstrokers will ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- VI. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the Referee.